



Who can join the program?

Turning Points is for women who have used force in their relationships and want support to understand what happened and make safer, healthier choices moving forward.

You may be eligible if you can attend regular sessions, take part in a supportive group environment, and are ready to explore new ways of responding to difficult situations. We'll talk with you during intake to make sure the program is the right fit and feels safe for you.

Eligible participants generally:

- Identify as women (inclusive of trans women).
- Have used force in an intimate or family relationship (as defined by DFV Protection Act)
- Are able to participate safely in a structured, trauma-informed group environment.
- Can commit to regular attendance for the duration of the program.
- Do not present with risks that would prevent safe participation.
- Must reside in Townsville

Referrers are encouraged to provide as much contextual information as possible to support appropriate placement and ensure the program is the right fit.

Contact us at turningpoints@divnq.org.au or call us on 4721 2888

Visit us

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DVNQ acknowledges the Traditional Custodians of the lands on which we live and work, and recognises the continuing connection to lands, waters and communities.
We pay our respects to Elders past, present and emerging.



DVNQ is committed to inclusivity and advocacy, ensuring equitable access and respect for all people, regardless of cultural background, age, gender, sexuality, or disability.



Turning Points

What is the Turning Points Program?

Turning Points is a supportive, trauma-informed program for women who have used force in their relationships. It provides a safe space to explore what happened, understand patterns of harm, and build strategies for safety, stability and change.

Through compassionate case work and practical support, the program helps women move forward with confidence and clarity. This is offered in a group setting or individual counselling. Our staff can also support you to meet your needs and goals through case management.



What does the Turning Points Group look like?

The Turning Points group is a small, supportive program designed to create safety, reflection and change. It typically includes:

- A closed group format – the same women attend each week, building trust and consistency.
- 6–8 participants – small enough for discussion, big enough for shared learning.
- Weekly sessions run over 16 weeks.
- Two trained facilitators – providing guidance, safety and trauma-informed support.
- A structured program – covering topics such as understanding force, patterns of harm, emotional regulation, choice-making and building safer relationships.
- Collaborative activities – guided discussions, reflective exercises, and practical skill-building.
- A non-judgmental environment – focused on safety, accountability, insight and empowerment, not blame or shame.
- Extra support if needed - One-on-one check-ins during or after the group to support ongoing safety and change (when needed).

Group sessions are held on Tuesdays from 10 am to 12 pm.



What does intake and assessment look like?

Our intake and assessment process is supportive and trauma-informed. You'll have a one-on-one conversation with a specialist worker to explore your situation, the context of your use of force, any safety needs and what you hope to achieve. Together, we'll decide the best next steps—whether that's joining the group or receiving individual support—so you can move forward safely and confidently.